

# Big South Fork National River and Recreation Area

National Park Service  
U.S. Department of the Interior  
[www.nps.gov/biso](http://www.nps.gov/biso)



## **BIG SOUTH FORK NRRA JUNIOR RANGER BOOK**

This belongs to:

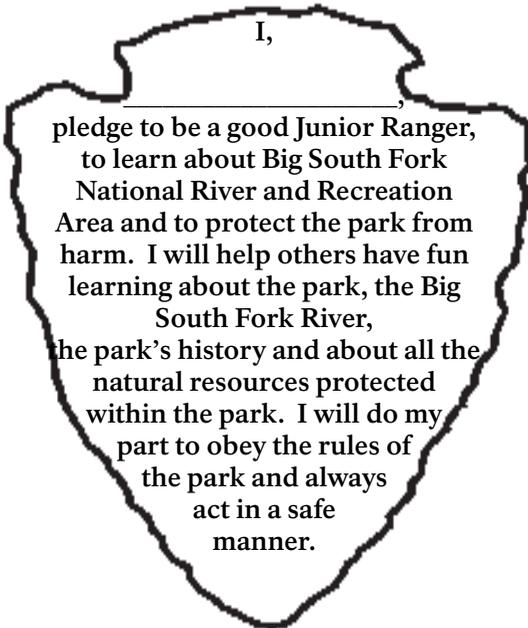
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**To become a Junior Ranger, complete the following activities.**

1. Children ages **6 and younger** must complete at least 6 activity pages with Oscar the Otter in the corner.
2. **Ages 7 and older** must complete at least 6 pages with Oscar the Otter in the corner and 6 additional activity pages.
3. Visit the Bandy Creek or Stearns Visitor Center or the Blue Heron Mining Camp and stamp your book in the circle below.
4. After finishing your Junior Ranger book bring it back to a visitor center to be checked.
5. Upon completing all the requirements, you will receive Junior Ranger certificate and badge making you an official Big South Fork Junior Ranger.
6. On weekends (Memorial Day through Labor Day) talks, walks and other programs are offered in the park. You should attend one of these and get a park ranger to sign your book.

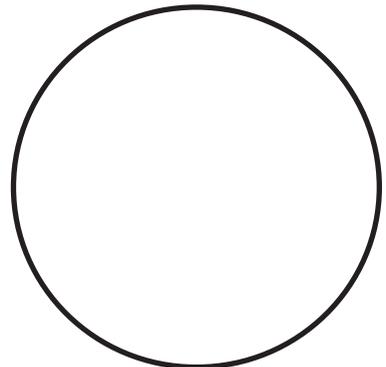


**Oscar  
the  
Otter**



**PARK RANGER SIGNATURE**

\_\_\_\_\_  
Date your book with the Eastern  
National Passport Stamp  
at one of our visitor centers.

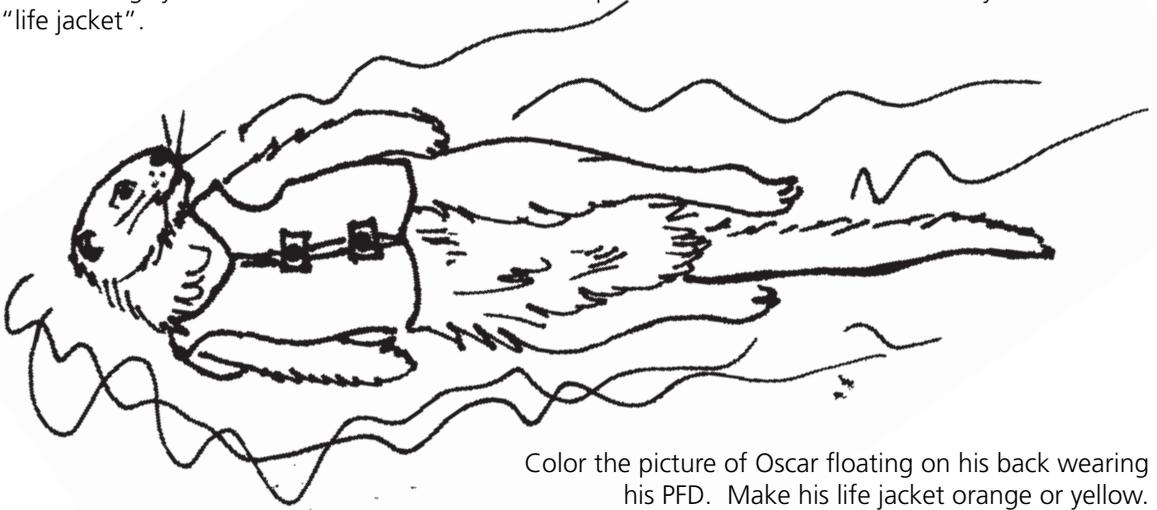


# Safety First!

## Oscar says...Be safe around



The Big South Fork is a free flowing river. You can canoe, raft, fish or swim in the river, but there are certain things you must do to be safe. A "PFD" is a personal flotation device. You may know it as a "life jacket".



Color the picture of Oscar floating on his back wearing his PFD. Make his life jacket orange or yellow.

### You "otter" do these things:

Fill in the blanks from the words in the box.

- Learn how to \_ \_ \_ \_ \_.
- Always swim with a \_ \_ \_ \_ \_.
- Wear a \_ \_ \_ \_ \_ jacket when you are in a \_ \_ \_ \_ \_ or around rivers or ponds.
- Obey the \_ \_ \_ \_ \_ at the swimming pool and listen to the life guards.
- Throw something that will \_ \_ \_ \_ \_ to someone that is in trouble. Never jump in to help them!
- Know how to dial \_ \_ \_ for help.

boat

float

life

swim

911

buddy

rules



# On the trail

Good choices lead to a successful finish.

You may encounter many different situations along the trail. Circle the things you should do to obey park rules.

- Carry out all of my trash**
- Talk loudly**
- Pick a flower**
- Keep my dog on a leash**
- Stay with my group**
- Take a shortcut**

- Run ahead**
- Follow the trail markers**
- Let my dog chase a deer**
- Take a picture of a flower**
- Leave food for the animals**
- Listen for nature sounds**

## Trail Checklist

Always take these things in your backpack if you are hiking, biking or riding your horse.



**Water**



**Snacks**



**CD Reflector**



**Rain Jacket**



**Plastic Trash Bag**



**Whistle**

Why should you tell an adult where you are going? \_\_\_\_\_

Why should you drink water and not a cola? \_\_\_\_\_

What color of rain jackets are easier to see in the woods? \_\_\_\_\_

Why should you not just yell "HELP?" \_\_\_\_\_

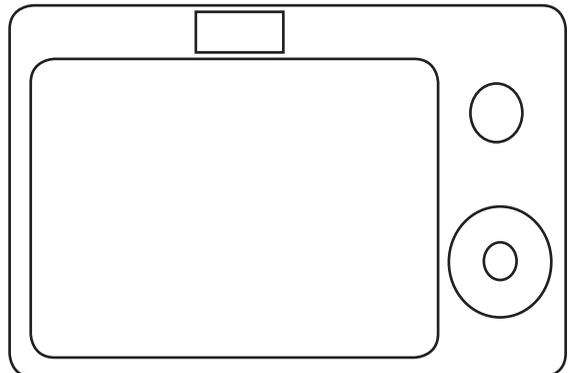
Why should you not eat berries you find along the trail? \_\_\_\_\_

**Be prepared to talk with the ranger about why you need these in your pack.**

## Take Only Pictures and Leave Only Footprints

Park visitors should never pick up or collect anything to take home with them. You can remember your visit by taking pictures of the things you see. Draw a picture in the camera viewer below of something that you saw at Big South Fork National River and Recreation Area.

Help keep the park beautiful!  
Pick up trash at your campsite and along trails.  
Leave only your footprints behind.



# Take a hike in the Big South Fork

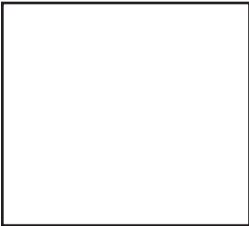
Make a list of trails that you hiked or places that you visited.

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If you get lost, you should "Hug a Tree." It helps you stay in one place!  
 In the box below, draw a picture of you hugging a tree.



What kind of tree is it?

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What does the bark feel like?

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Draw the shape of your tree's leaves in the box below.



## Decoding the Big South Fork

Learn Oscar's secret to staying safe on the trail.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
16	12	7	21	24	3	5	1	9	14	26	18	23
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
10	4	8	11	25	19	15	22	13	6	2	17	20

$\overline{4}$   $\overline{19}$   $\overline{7}$   $\overline{16}$   $\overline{25}$     $\overline{10}$   $\overline{24}$   $\overline{13}$   $\overline{24}$   $\overline{25}$     $\overline{5}$   $\overline{4}$   $\overline{24}$   $\overline{19}$     $\overline{16}$   $\overline{18}$   $\overline{4}$   $\overline{10}$   $\overline{24}$

$\overline{6}$   $\overline{1}$   $\overline{24}$   $\overline{10}$     $\overline{1}$   $\overline{9}$   $\overline{26}$   $\overline{9}$   $\overline{10}$   $\overline{5}$     $\overline{16}$     $\overline{15}$   $\overline{25}$   $\overline{16}$   $\overline{9}$   $\overline{18}$     $\overline{16}$   $\overline{18}$   $\overline{6}$   $\overline{16}$   $\overline{17}$   $\overline{19}$

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$\overline{15}$   $\overline{25}$   $\overline{24}$   $\overline{24}$     $\overline{9}$   $\overline{3}$     $\overline{18}$   $\overline{4}$   $\overline{19}$   $\overline{15}$

# As a Junior Ranger you can help the park.



Rangers help protect the park wildlife, plants, rock features, historic places and the people who visit here. Some things that people do are not allowed in the park and are against the rules. As a Junior Ranger you should always follow the rules.

Circle the things in this picture that visitors are doing wrong and list them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Put a check on the things that the visitors are doing right. What are they?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_





# Let's Do Lunch

Did you know that animals that eat only plants are called herbivores? Meat eaters are called carnivores. Animals that eat both plants and meat are called omnivores.

Help these animals select an item from the menu. Write the number of the item from the menu on the plate beside each animal.

What would you pack for a picnic lunch? Write down your lunch on line #6 below and draw a picture of it on the plate.



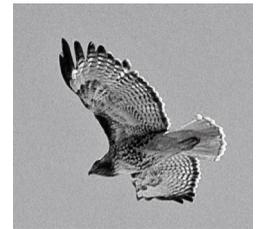
Raccoon



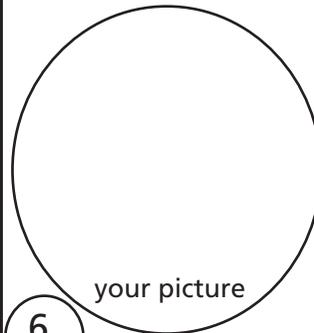
Gray Squirrel



Little Brown Bat



Red-tailed Hawk



your picture



6.

your name



Black Bear



## MENU

1. A medley of ripe acorns, shelled walnuts and hickory nuts served on a bed of fresh beechnuts.
2. Fresh stew with field mice, voles, and rabbits seasoned with various snake types.
3. A stir fry of cucumber beetles, green stink bugs, June bugs, and leafhoppers garnished with a few moths.
4. Large house salad with twigs, buds, nuts, fruit, corn, grubs, and ants tossed with fresh sprouts, served on a tray of rotten log with a yummy honey dressing. In season: Left-over carrion (dead animals).
5. Boiled crayfish, frog, and turtle eggs with a side salad of mixed berries, nuts and grapes.

6. \_\_\_\_\_  
Describe your picnic lunch.



# Big South Fork Word Search

Can you find the names of interesting places to see and things to do at Big South Fork?

H U A E T A L P D N A L R E B M U C  
B A E E C G J K D Y K C U T N E K N  
Q N E K C N H R D Z M D C Z B T W S  
Y G S A A I B O C B O R H R I S T M  
K E S N N D L F D O U A A E G P Y A  
E L E S O I U H E X N E R V L Z A U  
E F N T E R E T V T T B I I E R W D  
R A N A I K H U I U A K T R A H L E  
C L E R N C E O L R I C C W F O I S  
Y L T K G A R S S T N A R I M D A C  
D S R C C B O G J L L L E L A O R R  
N G A A U E N I U E A B E D G D C A  
A N I L R S D B M S U B K T N E I C  
B I L B Z R N E P D R M L U O N N K  
T T E D I O N B E B E G O R L D E D  
T F G N I H S I F R L R D K I R C Z  
H A T W I N A R C H E S G E A O S C  
R R K A Y A K I N G F M E Y L N T Q

Angel Falls  
Charit Creek Lodge  
Mountain Laurel  
Bandy Creek  
Cumberland Plateau  
Rafting  
Big Leaf Magnolia  
Deer  
Rhododendron

Big South Fork  
Devils Jump  
River  
Black Bear  
Fishing  
Scenic Railway  
Black Rat Snake  
Horseback Riding  
Tennessee

Blue Heron  
Kayaking  
Trail  
Box Turtle  
Kentucky  
Twin Arches  
Canoeing  
Maudes Crack  
Wild Turkey

# Horse Play

Horses and mules played an important role in the area. Historically these animals were used to move lumber, coal, rock and clear land for farming. Circuit preachers, school teachers, mail carriers, country doctors and midwives traveled the mountainous terrain to remote homesteads and communities.

Horseback riding is one way to see Big South Fork today. Here is a horse for you to color. You may want to copy this page later and cut out the tack to dress your horse.

Give your horse a name \_\_\_\_\_.  
 What color is your horse? \_\_\_\_\_

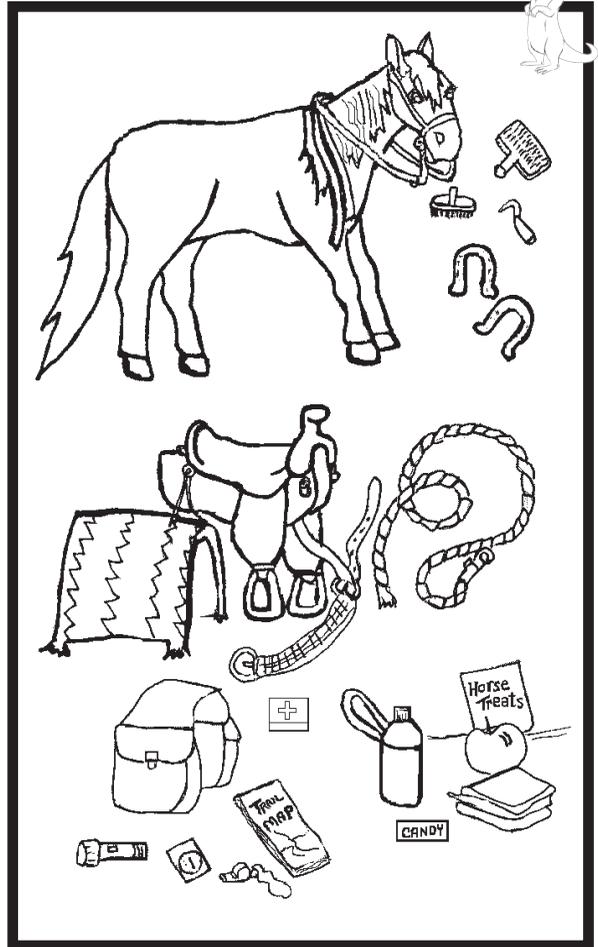
Where will you ride at Big South Fork? List a name of a horse trail that you'd like to ride. Look at a horse trail map to find the trail name. \_\_\_\_\_  
 \_\_\_\_\_

What does a horse wear? Can you list the different pieces of horse tack (equipment used on a horse) that are in the picture?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

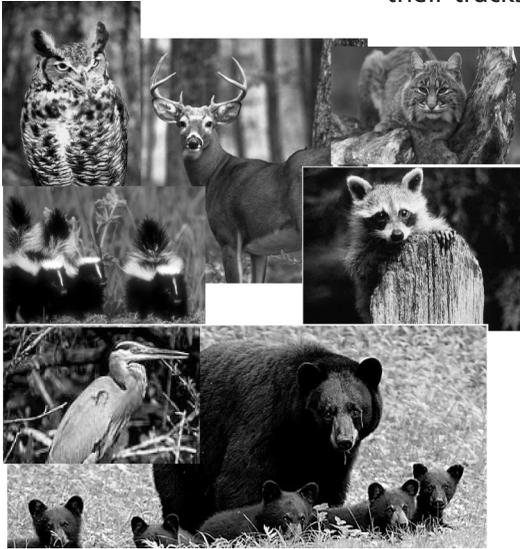
Look at the picture. What kind of things should you take with you in your saddle bags?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



# Animal Tracks

Can you identify animals that live in the Big South Fork from their tracks? Draw a line from the animal to its track.



Great Horned Owl

Whitetail Deer

Raccoon

Grey Fox

Great Blue heron

Black bear

Bobcat

Skunk



# Wildlife Safety

Circle the correct answer or answers. There may be more than one that is correct.

You should not try to pet a baby wild animal because

- (a) It might be sick.
- (b) It might bite you.
- (c) An angry mother might be watching you.
- (d) It might follow you and become your pet.

If you see a black bear

- (a) Run away as fast as you can.
- (b) Stand tall, wave your arms and yell "No Bear!"
- (c) Throw your food at it.

If you see a snake on the trail

- (a) Kill it.
- (b) Take a stick and move it off of the trail.
- (c) Back up and walk another way.

If you are bitten by a snake

- (a) cut the bite and suck the venom out
- (b) seek medical help
- (c) tie a rope or piece of cloth very tightly above the bite.

If you see a fawn laying in a grassy field

- (a) Pick it up and take it to a ranger.
- (b) Leave it alone because its mother is nearby.
- (c) Take it to the zoo.

If you camp in the backcountry

- (a) hang your food high out on a tree limb
- (b) leave your leftovers for the animals to eat
- (c) pack out everything that you took with you.

If you see a wild baby piglet

- (a) back up, be very still and quiet until it walks away
- (b) throw sticks and try to make it squeal
- (c) try to catch it.



# Welcome to Blue Heron

A trip to the Blue Heron Mining Community, either by riding in on the Scenic Railway or driving by car, is a great way to spend a day. Blue Heron allows visitors to view life in a company-owned mining town in the 1940s and 50s. As you walk through the community of Blue Heron, or Mine 18 as it was also called, study the exhibits and answer the questions in the scavenger hunt. If you do get stumped, you can ask one of the park rangers for help.



## Courtship, Marriage and Family

As you leave the depot, take the paved path left up the hillside to the house which talks about courtship, marriage and family. Stop there and listen to the narration. One of the men talks about being married wearing a hickory-striped suit. Why would a suit go by that name?

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## The Mine Entrance

Look at the machinery and read the sign beside the coal mine entrance. Find the Joy Loader. How did this piece of machinery change the way coal was processed from the Blue Heron Mine?

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How did the Joy Loader affect the way miners were paid?

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## The Schoolhouse

The year is 1944 and your dad is a coal miner working at Mine 18. Your family lives in a company house perched on a hillside above the Big South Fork River. Every morning after you do your chores you attend school down in Blue Heron.

Each morning you and almost twenty other students arrive at the little \_\_\_\_\_ schoolhouse. Some of the students are older and some younger than you since grades \_\_\_\_\_ through \_\_\_\_\_ are in that one schoolhouse. You like school and hope to go to high school and college.

# Bandy Creek Scavenger Hunt

Where can a you get a map of Big South Fork?

Find the plaque that dedicated the Bandy Creek Campground. Write down the date.

How many campsites are in Area A?

How many horse stalls are at the Bandy Creek Stables?

Find a tree that has star shaped leaves. What is the name of this tree?

Name an animal on display in the Bandy Creek Visitor Center.

How long is the trail from Bandy Creek to Blue Heron Mining Community ?

How deep is the Bandy Creek pool?

Find a tree that has needles instead of leaves. Write down the name of the tree you found.

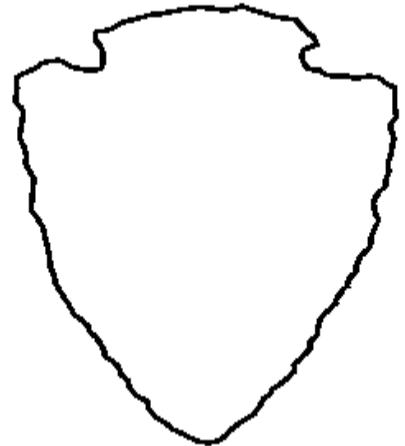
Draw a picture of the needles.

Find the track of an animal. What animal would make this type of track?

Find a park ranger and ask them to let you look at the National Park Service arrowhead emblem. Describe what you see in this emblem. Draw a picture of it inside the arrowhead.



Draw a picture of yourself here.



**The arrowhead is the symbol of the National Park Service. It stands for the way that parks protect plants, animals, scenery and human history all across the United States.**

# Big South Fork Rocks!

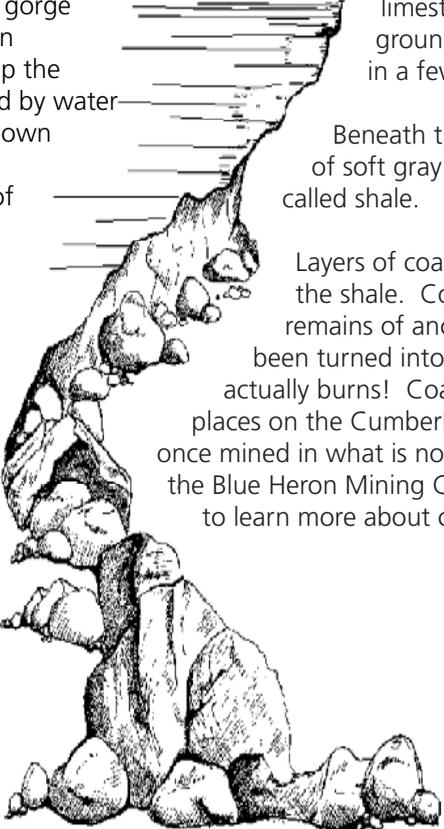
The Big South Fork of the Cumberland River runs north through the Cumberland Plateau. It flows out of Tennessee into Kentucky where it becomes part of the Cumberland River. Over millions of years the river has carved a gorge into the rocks of the plateau more than 500 feet deep. The rocks that make up the Cumberland Plateau were all deposited by water long, long ago. This type of rock is known as sedimentary rock. The sedimentary rock here is stacked one layer on top of another just like the layers in a cake.

The most common type of rock in the park is sandstone. It is the rock which makes up the cliffs, arches, rockshelters and boulders. Sandstone is made of grains of sand and sometimes small pebbles. Sandstone that contains a lot of pebbles is called conglomerate.

Under the coal, limestone is found. It is made up of the shells of ancient sea creatures. Sometimes fossils of this ancient sea life can be found in the limestone. Most of the limestone is still below the ground and can only be seen in a few places.

Beneath the sandstone is a layer of soft gray rock formed from clay called shale.

Layers of coal can be found below the shale. Coal is made of the remains of ancient plants that have been turned into a black rock which actually burns! Coal is still mined in some places on the Cumberland Plateau. Coal was once mined in what is now Big South Fork. Visit the Blue Heron Mining Community in Kentucky to learn more about coal mining.



Unscramble the letters for the names of these types of rock. Then, place the rock layers in their proper order by using the information above.

ahles \_\_\_\_\_  
 aclo \_\_\_\_\_  
 mesoetnli \_\_\_\_\_  
 denntsosa \_\_\_\_\_

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_  
 4 \_\_\_\_\_

Here are some trails where you can really see the rocks of the Big South Fork.

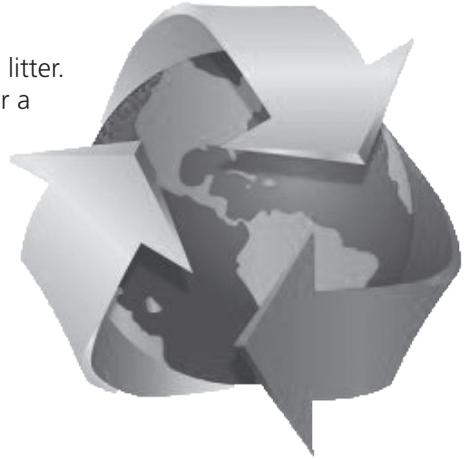
- The Angel Falls Trail
- The Twin Arches Trail
- The Blue Heron Loop Trail
- The Yahoo Falls Trail

Please remember that all plants, animals and rocks in Big South Fork are protected. You may not take them from the park.

# Keeping It Clean and Green

One of the easiest things to do to help your park is to pick up litter. It's safest to do this wearing gloves and using a pick up tool or a reacher. Put each piece of trash in a box or garbage bag, then recycle or throw away when you're done.

The recycle bins at Big South Fork NRR are bright blue with labels for plastic, glass, and aluminum. Circle the items that can be recycled below:





This certificate is proudly presented to

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please print name

for completing the

# Big South Fork National River & Recreation Area Junior Ranger Activity Booklet

Dated this \_\_\_\_\_ day of \_\_\_\_\_

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Park Ranger Signature